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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# MegaFood® Baby & Me 2™

## POSTNATAL MULTI

For Breastfeeding Mom & Developing Baby

- Supports optimal nutrition for mom after birth\*
- Choline to help support baby's brain development\*
- Herbal lactation support\*

**120**  
TABLETS  
60 SERVINGS

DIETARY  
SUPPLEMENT



**Suggested Use:** 2 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

## Supplement Facts

Serving Size 2 Tablets Servings per Container 60

Amount per Serving	% DV for Lactating Women
Vitamin A (as beta carotene with carrot) <sup>†</sup> 675 mcg RAE	52%
Vitamin C (as ascorbic acid with organic orange) <sup>†</sup> 100 mg	83%
Vitamin D3 (as fermented cholecalciferol) 25 mcg	167%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) <sup>†</sup> 19 mg	100%
Vitamin K (as phytonadione with cabbage) <sup>†</sup> 90 mcg	100%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i> ) <sup>†</sup> 1.4 mg	100%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice) <sup>†</sup> 1.6 mg	100%
Niacin (as niacinamide with <i>S. cerevisiae</i> ) <sup>†</sup> 17 mg NE	94%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice) <sup>†</sup> 2 mg	100%
Folate (as L-5-methyltetrahydrofolate with broccoli) <sup>†</sup> 500 mcg DFE (294 mcg L-5-MTHF)	83%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i> ) <sup>†</sup> 2.8 mcg	100%
Biotin (as biotin with organic brown rice) <sup>†</sup> 35 mcg	100%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice) <sup>†</sup> 7 mg	100%
Choline (as choline bitartrate) 200 mg	36%
Iron (as fermented iron bisglycinate) 9 mg	33%
Iodine (as fermented iodine glycinate) 290 mcg	100%
Zinc (as zinc bisglycinate) 12 mg	92%
Selenium (as fermented selenium glycinate) 70 mcg	100%
Copper (as fermented copper bisglycinate) 1.3 mg	100%
Manganese (as fermented manganese bisglycinate) 2.6 mg	100%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 50 mcg	111%
Molybdenum (as fermented molybdenum bisglycinate) 45 mcg	90%
Boron (as fermented boron triglycinate) 15 mcg	**
Vitamin K2 (as menaquinone-7 with cabbage) <sup>†</sup> 15 mcg	**
Lutein 2 mg	**
Organic Moringa Leaf ( <i>Moringa oleifera</i> ) 500 mg	**

\*\* %Daily Value (DV) not established

**Other Ingredients:** Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), organic brown rice, silicon dioxide, rice protein, stearic acid, autolyzed yeast extract, hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA  
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MegaFood Baby & Me 2™ Postnatal Multi is formulated for the changing nutritional demands while breastfeeding. It contains optimal levels of key nutrients like vitamins C, D and E, plus minerals like iodine and chromium. Moringa leaf may help support milk production.\*



**Tieraona Low Dog, M.D.**, our Chief Medical Advisor, is an award-winning physician and expert in dietary supplementation.

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. †This vitamin is paired with a whole food in our unique process. Satisfaction guaranteed or your money back.

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**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

If pregnant, please consult your healthcare practitioner before taking this product.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time.



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Lot #: \_\_\_\_\_  
Best Before: \_\_\_\_\_